

Purpose Designed to measure the severity of fatigue in adults, the 14-item instrument is indicated for use in both clinical and research settings. Symptoms examined by the scale can be divided into two categories: physical and mental.

Population for Testing The scale was validated using a sample of participants aged 18–45.

Administration The instrument is a self-report measure that can be administered both by interview and through the use of a pencil-and-paper test. Requires 3–5 min for completion.

Reliability and Validity Chalder and colleagues [1] analyzed the scale for its psychometric properties, demonstrating an internal consistency ranging from .88 to .90 and a validity of .85.

Obtaining a Copy A copy can be found in the developers' original published article [1].

Direct correspondence to:

Trudie Chalder

Academic Department of Psychological
Medicine

King's College Hospital, Denmark Hill
Camberwell, London SE5 9RS, U.K.

Scoring Respondents are asked to answer questions pertaining to fatigue with one of four response choices: “better than usual,” “no more than usual,” “worse than usual,” or “much worse than usual.” In terms of scoring, the scale can accommodate two different methods. The first weights the individual's responses as Likert-type items and uses those scores to interpret results. The second ignores the severity of responses and uses a bimodal system to categorize each answer as either problematic or not. Thus, responses of “worse than usual” and “much worse than usual” become equivalent. The benefit of such an approach is that it eliminates error caused by individuals who are inclined to select the most or least extreme options.

Chalder Fatigue Scale

Physical Symptoms

1. Do you have problems with tiredness?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
2. Do you need to rest more?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
3. Do you feel sleepy or drowsy?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
4. Do you have problems starting things?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
5. Do you start things without difficulty but get weak as you go on?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
6. Are you lacking in energy?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
7. Do you have less strength in your muscles?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
8. Do you feel weak?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual

Mental Symptoms

9. Do you have difficulty concentrating?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
10. Do you have problems thinking clearly?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
11. Do you make slips of the tongue when speaking?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
12. Do you find it more difficult to find the correct word?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
13. How is your memory?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual
14. Have you lost interest in the things you used to do?
(a) Better than usual (b) No more than usual (c) Worse than usual
(d) Much worse than usual

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Reference

1. Chalder, T., Berelowitz, G., Pawlikowska, T., Watts, L., Wessely, S., Wright, D., & Wallace, E. P. (1993). Development of a fatigue scale. *Journal of Psychometric Research*, 37(2), 147–153.

Representative Studies Using Scale

- Roberts, A. D. L., Wessely, S., Chalder, T., Papadopoulos, A., & Cleare, A. J. (2004). Salivary cortisol response to awakening in chronic fatigue syndrome. *British Journal of Psychiatry*, 184(2), 136–141.
- Jerjes, W. K., Taylor, N. F., Wood, P. J., & Cleare, A. J. (2007). Enhanced feedback sensitivity to prednisolone in chronic fatigue syndrome. *Psychoneuroendocrinology*, 32(2), 192–198.